

SPECIAL EVENTS

Movie Premiere: *Elvis*
Friday, November 4, 2 p.m.
Elvis is a 2022 biographical musical drama film that follows the life of rock and roll icon, singer, and actor Elvis Presley, told from the perspective of his manager. Hot dogs, chips and sodas will be served.

Veterans Breakfast
Thursday, November 10, 9 a.m.
If you're a veteran, enjoy a free Bob Evans breakfast sandwich. Those who would like to come and show appreciation for our vets can join them for breakfast for \$5. Veterans will be recognized during the breakfast. Pre-register by November 3.

The "Miracle" of the Mayflower Voyage and the Mayflower Compact's Importance
Thursday, November 10, 9:30a.m.
What made the voyage a "miracle," and why was the Mayflower Compact important? Should this be relevant for our grandchildren today? Join Ed Sullivan to find out!

Senior Holiday Portraits
Tuesday, November 15, 9 a.m.
Get your photo taken by staff in front of our seasonal backdrop and receive the printed photo at the Thanksgiving Luncheon. Feel free to grab a friend and take your own photos anytime for fun! Pre-registration required.

Thanksgiving Luncheon
Thursday, November 17, 11 a.m.
Join us for a Thanksgiving Celebration beginning with Staff vs. Senior Family Feud at 11 a.m. Enjoy our special musical guest, Kristy, while our Thanksgiving Feast is served at noon. Pre-registration is required for lunch.

Guided Relaxation with Joel
Friday, November 18, 11 a.m.
Take a few moments before the holiday season to calm your mind and release stress with this guided relaxation experience.

NOVEMBER 2022



CALVERT PINES NEWS

450 West Dares Beach Road, Prince Frederick MD 20678
Phone: 410-535-4606 Fax: 410-535-1903

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30A Gift Shop Crafting 8:30A Pool Room Open 8:30A Fitness Room Open 9:30A Walk to the Beat 10:30A Let's Move 12:30P Hand, Knee & Foot (cards)	8:30A Pool Room Open 8:30A Fitness Room Open 9:00A Adventures in Art +\$ 11:00A Gentle Yoga 2:00P Women's Bible Study	8:30A Gift Shop Crafting 8:30A Pool Room Open 8:30A Fitness Room Open 9:00A Ceramics +\$ 9:30A Duplicate Bridge 9:30A Walk to the Beat 10:30A Let's Move 12:30P Hand, Knee & Foot (cards)	8:30A Behavioral Health Counselor + 8:30A Pool Room Open 8:30A Fitness Room Open 10:00A Strength Training 11:00A Gentle Yoga	8:30A Behavioral Health Counselor + 8:30A Pool Room Open 8:30A Fitness Room Open 9:00A Ceramics +\$ 9:30A Walk to the Beat 10:00A Open Art \$ 10:30A Let's Move 1:00P Behavioral Health Support Group
OTHER SCHEDULED ACTIVITIES				
For a Fitness Room Orientation, call 410-535-4606	1 9:00A Fresh Conversations: Connection Between Diet, Exercise and Sleep +	2 12:00P Birthday Party Luncheon +	3 9:00A Ask the Nurse 9:30A Senior Council Meeting 1:00P Legal Aid +	4 2:00P Movie Premiere: <i>Elvis</i> +
7 9:00A-11:30A CalvertHealth Mobile Health Center 12:30P-1:30P Calvert Library Bookmobile	8 CENTER CLOSED IN OBSERVANCE OF ELECTION DAY	9 11:00A Chair Yoga \$	10 9:00A Veterans Breakfast \$ + 9:30A Mayflower Compact Presentation by Ed Sullivan 10:00A Bingo	11 CENTER CLOSED IN OBSERVANCE OF VETERANS DAY
14 10:00A Contract Bridge 10:30A SOMD Boot Scooters 1:00P Meals on Wheels Meeting NO LET'S MOVE	15 9:00A Senior Holiday Portraits + 9:00A Ask the Pharmacist + 10:00A Thanksgiving Craft + 1:00P Grief & Loss Support Group	16 11:00A Chair Yoga \$	17 9:00A COA Meeting 11:00A Family Feud: Staff vs. Seniors 12:00P Thanksgiving Luncheon + AUDITORIUM CLASSES CANCELLED	18 11:00A Guided Relaxation with Joel 1:00P Learn to Knit & Crochet + APPLE CIDER DAY
21	22 10:00A CREATE! Bingo	23 11:00A Chair Yoga \$	24 CENTER CLOSED IN OBSERVANCE OF THANKSGIVING 	25 CENTER CLOSED IN OBSERVANCE OF THANKSGIVING National Eat with a Friend Day
28	29 11:00A Dining Room Games	30 11:00A Variety Players Holiday Sing Along		+ = Pre-Registration \$ = Fee Pre-registration can be done at front desk, or over phone.

SPECIAL EVENTS

National Walt Disney Day Monday, December 5, 9 a.m.

We all grew up watching cartoons and movies by Disney, celebrate the magic of Walt Disney Day by watching the first ever feature length film, "Snow White and the Seven Dwarfs."

Fresh Conversations

Tuesday, December 6, 9 a.m.

This free program focuses this month on the "Sunshine" vitamin and the connection with depression. Pre-registration is required.

Fresh Floral Arrangements

Tuesday, December 6, 10 a.m.

Learn how to design your own floral arrangements with Terry. These will be long lasting and look great on your holiday tables. Pre-register by November 22, \$20 per person.

Intergenerational Bingo

Friday, December 9, 10 a.m.

Bring your grandchildren for a fun morning of BINGO and prizes!

Holiday Craft Day

Tuesday, December 13, 10 a.m.

Spend the day with friends crafting several holiday ornaments and decorations. Plan to enjoy lunch together by pre-ordering a catered boxed lunch for \$12 or bring your own! Registration required by December 6.

Dining Room Games

Thursday, December 15, 11 a.m.

Play fun interactive games with others!

Holiday Celebration

Friday, December 16, 11 a.m.

Celebrate the season with a performance by the Jesus the Good Shepherd Choir at 11 a.m. followed by our annual Christmas Luncheon. Pre-registration for lunch by December 5.

Festive Sweater Fashion Show & Party

Wednesday, December 21, 10:30 a.m.

Join the party in your favorite festive holiday sweater for a fashion show and stay for games!

DECEMBER 2022



CALVERT PINES NEWS

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5 9:00A Walt Disney Day Movie 9:00A-11:30A CalvertHealth Mobile Health Center 10:30A SOMD Boot Scooters 12:30P-1:30P Calvert Library Bookmobile	6 9:00A Fresh Conversations: <i>The "Sunshine" Vitamin</i> + 10:00A Floral Arrangements \$+ 1:00P Legal Aid +	7 11:00A Chair Yoga \$ 12:00P Birthday Party Luncheon +	8 10:00A Scented Pinecone Craft + NO BINGO CENTER CLOSING AT 12:30PM	9 Fitness Friday 9:00A Fitness Consultations 10:00A Intergenerational Bingo+ 10:30A Fitness Class
12 10:00A Contract Bridge 1:00P Meals on Wheels Meeting	13 9:00A Senior Holiday Portraits 10:00A Holiday Craft Day \$+ NO GENTLE YOGA	14 11:00A Chair Yoga \$	15 9:00A COA Meeting 11:00A Dining Room Games	16 Holiday Celebration 11:00A Choir Performance 12:00P Holiday Luncheon + 
19	20 1:00P Grief & Loss Support Group	21 10:30A Festive Sweater Fashion Show & Party NO LET'S MOVE	22 10:00A Contract Bridge	23
26 CENTER CLOSED IN OBSERVATION OF CHRISTMAS	27 10:00A Bingo	28	29	30